

The Importance of Grounding/Earthing to our Health

Many of us are concerned about the physical effects on us, of a wide spectrum of electromagnetic radiation from cell phones, computers, Wifi, Bluetooth, radio and TV, electrical appliances, cell phone masts, microwaves, power lines, street transformers and domestic wiring. The introduction of 5G raises considerably more concerns.



To help me deal with all of the above and more, my daughter Alex gave me a Grounding mat from Groundology.com for a Christmas present. (I use the word 'Grounding' in this article to mean being electrically earthed). What does a Grounding mat do you may well ask? This is what the Groundology website has to say:

'In the last hundred or so years we have lost something vital for our health and wellbeing: our electrical connection to the Earth. With the advent of rubber and plastic soled shoes, and insulating mattresses in insulating houses, we spend our days and nights disconnected from the Earth.

One only has to walk barefoot in the grass or on a beach to regain this connection and feel the nurturing effects, and yet in our modern lives it is not always practical to do so. There is a very physical and scientifically verifiable reason why we feel better when we do this:

The Earth is a massive reservoir of negatively charged free electrons. Without a connection to this reservoir, the cells in our body are unable to balance the positive charge which results from things like electron-deficient free radicals. The effect of excess positive charge in the blood can be seen very clearly by the way in which the cells are attracted to clump together. Inflammation in our bodies results.

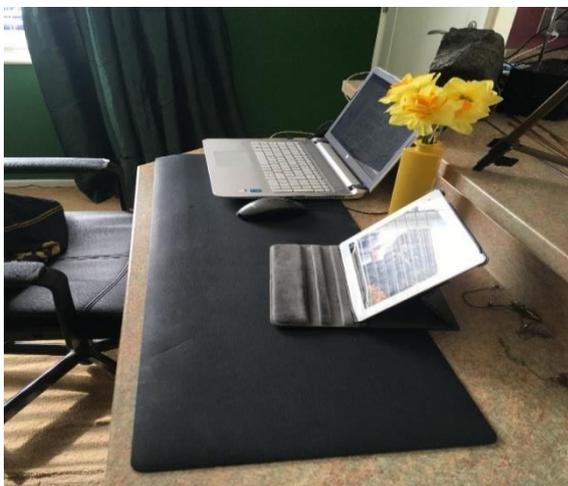
There are various things we can do to balance this electron-deficiency, such as eating anti-oxidant rich foods and drinking living water. But what has been largely overlooked until recently is receiving free electrons from the Earth.

It's such a simple thing and yet the effect can be so profound. In our modern lives we can't always be outside and barefoot, and so the products offered on this website are designed to provide this electrical connection to the Earth in a convenient and practical way.' (www.groundology.com)



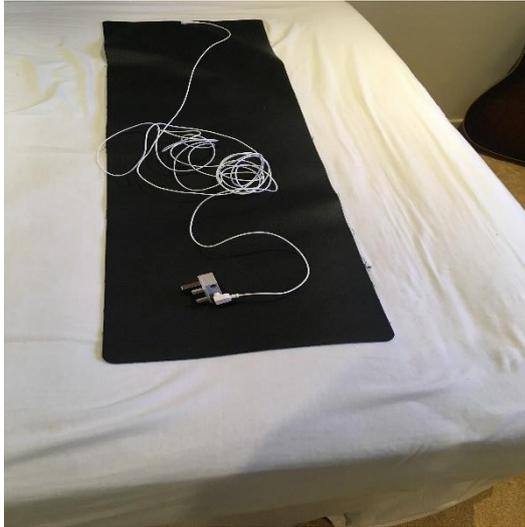
So not only has modern life insulated us from the earth and all the benefits it provides us with, but in addition we have created that wide spectrum of electromagnetic radiation inducing voltages in our body **'which disrupts the trillions of subtle electrical communications which are a vital part of our body's systems'**. By being grounded to the earth we greatly reduce the levels of these induced voltages. A Grounding mat is a clever way of enabling us to connect to the earth's reservoir of negatively charged free electrons.

There are a few scientific studies available on this subject. The ones that have been done are of a small scale, but came up with positive results. Much of the evidence currently is anecdotal. If you are someone who requires the evidence of large-scale double-blind testing before engaging with a subject, I suggest you don't read any further. If you have an inquisitive nature, and many dowsers do, then try some experiments out for yourself.



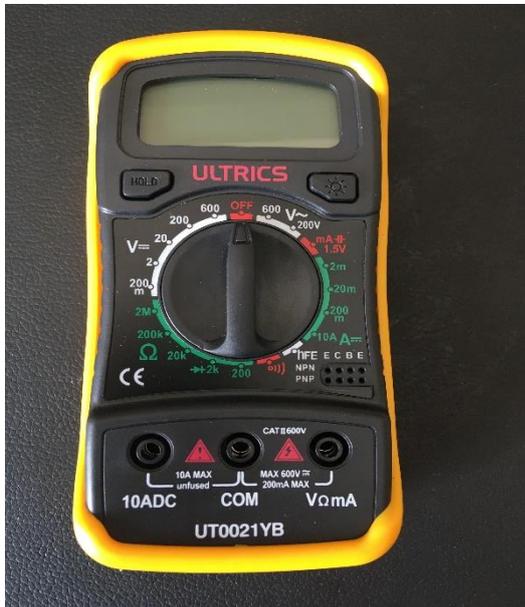
As always make sure you protect yourself before starting to dowse and ask if it is safe for you to do so, using a scale of 1 to 10. If you don't get 10 then don't dowse. My first experiment was to discover whether using a Grounding mat did reduce induced Voltage in my body.

I put my Grounding mat beneath my computer and tablet, and bought another one for the bottom of my bed. I plugged them into an electrical socket which doesn't have to be switched on. It



is only the earth connection that connects. The other two pins are made of non-conductive materials. The earth's natural electrons flow up the ground wire. No electricity flows through the wire connection to the mat. So, do they work?

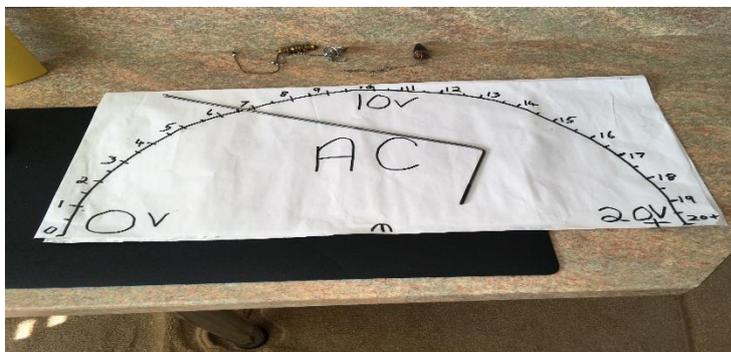
I don't possess a Volt meter to test this out. Groundology.com stopped selling them as it was taking them to long to explain how they work. I couldn't distinguish those on Amazon which might be useful for us humans as opposed to testing a piece of automobile kit.



It needs to be able to measure AC voltage between 200 millivolts (mVs) and upwards to 20 volts and beyond. For body voltage readings you need to measure in AC and a meter has to be fairly sensitive. It should have an AC voltage input impedance of 10 Mega-Ohms or more.

That's where dowsing comes in. I decided I would become my own Volt meter, set to measure AC voltage. I drew a semi-circle on a large piece of paper and put zero on the left, 10 at the top centre and 20 + to the right at 180 degrees to the zero. It looked rather like

an old speedometer. I held my dowsing rod pointing to zero to my left, which was now my neutral search position. I laid the paper Volt meter over my Grounding mat.



Without touching my Grounding mat or having any piece of electrical equipment to near me, I put my rod pointing to zero and asked to be shown any induced voltage currently present in my body. (My laptop, tablet and phone were within reaching distance.)

The rod moved off zero and slowly moved around the semi-circle and stopped at 2.4 volts. I touched the Grounding mat with one finger and the rod swung back to zero.

Holding the rod pointing at zero volts I asked to be shown the level of induced AC voltage when holding my mobile phone to my ear. The rod swung round to indicate 14V. I then held it away from me as though it was on speaker phone and it dropped to 10V. With the phone in my hip pocket it read 6V and in my breast pocket it read 8V. I touched the mat with my rod in my hand after each reading and the rod swung back to zero on each occasion.

Next, I put the tablet on my lap. The rod swung from zero on my left to straight past 20 volts plus, at 180 degrees to my right, swinging round and round 360 degrees. I placed my hand on the grounding mat and straight away the rod swung back to zero volts.

I saw this as evidence that the Grounding mat was mitigating the induced voltage in my body caused by close proximity to devices such as a mobile phone or tablet. If you are sceptical or intrigued, please try the above exercise for yourself.

Each day I seek to maximise contact with my Grounding mats. My feet touch the one I have in my bed when I sleep and my wrists touch the mat when using my laptop or tablet. I think my sleep is deeper. I could test this out by downloading a sleep app to track if my sleep patterns have improved.



According to the research that has been done and considerable anecdotal evidence, grounding may be beneficial in reducing inflammation, reducing chronic pain, improving sleep, increasing energy, lowering stress and promoting calmness by reducing stress hormones normalising biological rhythms including circadian rhythm, normalising blood pressure and blood flow, relieving muscle tension and headache, improving menstrual and female hormone symptoms, speeds healing – used in some places to prevent bed sores, reduces jet lag, protects the body from EMFs, shortens recovery time

from injury or athletic activity, reduces snoring and helps protect adrenal health. <https://wellnessmama.com/5600/earthing-grounding/>

If you wish to see if grounding can improve any of these conditions for yourself, then you can try it out and see what results. Douse as to the benefit you may gain using a scale and also if there is anything detrimental which would suggest that grounding is not suited to your needs at this point in time and place.

Ancient wisdom understood the earth's electrical nature but we seem to have lost that knowledge with the resulting epidemic of diseases caused by inflammation, like heart attacks. At the start of using my Grounding mats I dowsed for the level of inflammation I was carrying in my body at that moment. The result I got was 13%. Three months later after using my Grounding mats it had dropped to 5.8% with no other big changes to my lifestyle having been made in this period.

I also dowse to check whether my body is carrying an excess of positive charge, or an excess of negative charge. My aim is to stay in neutral.

Whenever possible I encourage you to walk bare foot outside when and where it is safe to do so. If you visit <https://www.groundology.co.uk/> you can read more about Grounding. There are a number of interesting videos which record people's experiences of using grounding, as well as an examination of the science.

<https://www.groundology.co.uk/scientific-research>

An excellent book on the subject of technopathic stress is by Grahame Gardner 'A basic Guide to Technopathic Stress' 3rd edition. Published by westerngeomancy.org available from Penwith Press

<https://westerngeomancy.org/>

<https://www.penwithpress.co.uk/>

Gwynn Paulett, March 2020.